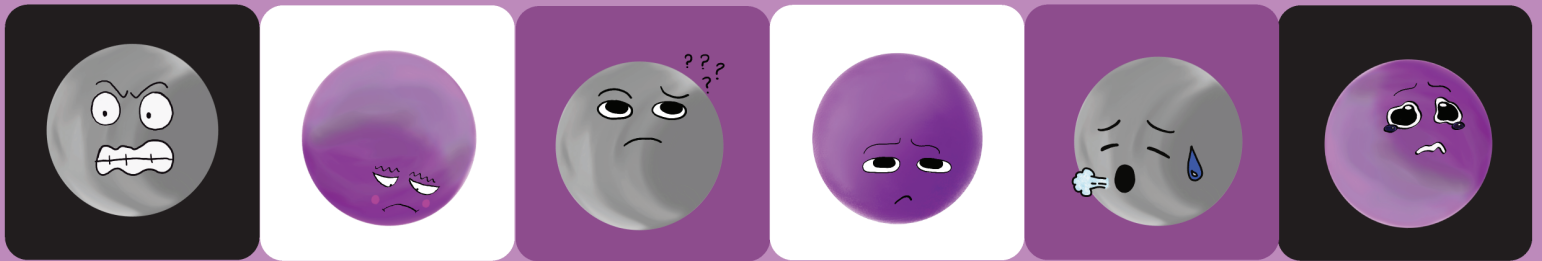


Reactions to Suicide Loss: Common, but Unique

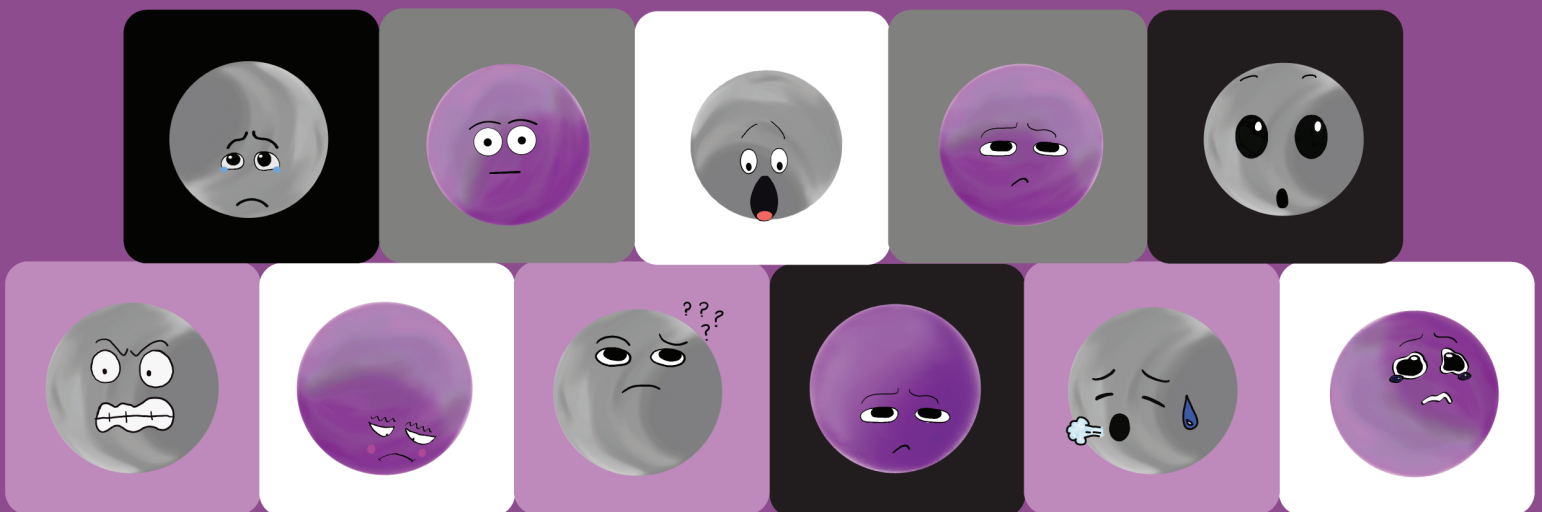
Many reactions are normal and perhaps expected, such as sadness, numbness, disbelief, worry, and shock.



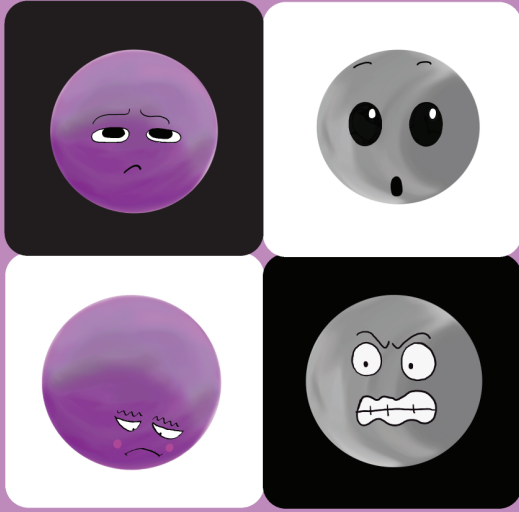
Other reactions are also common but may feel more unexpected or surprising, like anger, shame, confusion, guilt, relief, and fear.



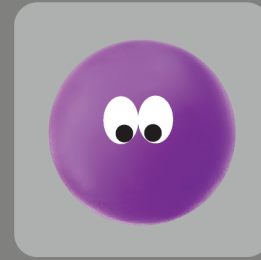
You may find yourself feeling **every** emotion.



Some emotions.



Or even **no** emotion.



What you feel may change every day. Every path is unique, and that is normal. No one has the same experience, but sharing our stories can help unite us in healing.



Acknowledgments:



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<https://www.mirecc.va.gov/visn19/postvention>

Reference: Jordan, J.R., & McIntosh, J. L. (Eds). (2011). Grief after suicide: Understanding the consequences and caring for the survivors. New York, NY: Routledge.